

Table S1. Frequencies of consumption of some typical Costa Rican foods

Typical Nicoyan foods	Female					Male				
	Never/rarely	2-3 servings/month	1-2 servings/week	3-5 servings/week	Every days	Never/rarely	2-3 servings/month	1-2 servings/week	3-5 servings/week	Every days
<i>Gallo Pinto</i>	6.9%	0.0%	6.9%	6.9%	79.3%	3.3%	0.0 %	6.7%	3.3%	86.7%
<i>Gallo Pinto con huevos</i>	13.8%	3.4%	17.2%	10.3%	55.2%	13.3%	0.0%	20.0%	20.0%	46.7%
<i>Pipian</i>	17.2%	27.6%	27.6%	24.1%	3.4%	20.0%	20.0%	36.7%	16.3%	10.0%
<i>Ayote</i>	17.2%	27.6%	31.0%	17.2%	6.9%	26.7%	26.7%	33.3%	10.0%	3.3%
<i>Tortillas de maíz</i>	6.9%	6.9%	6.9%	10.3%	69.0%	6.7%	3.3%	6.7%	6.7%	76.7%
<i>Perrereque</i>	72.4%	13.8%	10.3%	3.4%	0.0%	63.3%	23.3%	6.7%	6.7%	0.0%
<i>Pan de elote</i>	48.3%	34.5%	13.8%	3.4%	0.0%	66.7%	20.0%	6.7%	6.7%	0.0%
<i>Yoltamal</i>	53.6%	28.6%	14.3%	3.6%	0.0%	53.3%	26.7%	16.7%	3.3%	0.0%
<i>Rosquillas</i>	24.1%	27.6%	31.0%	13.8%	3.4%	30.0%	33.3%	20.0%	13.3%	3.3%
<i>Tanelas</i>	31.0%	20.7%	31.0%	13.8%	3.4%	26.7%	36.7%	20.0%	16.7%	0.0%
<i>Guiso de chilote</i>	40.7%	22.2%	33.3%	3.7%	0.0%	41.4%	20.7%	24.1%	13.8%	0.0%
<i>Pinolillo</i>	44.8%	17.2%	24.1%	6.9%	6.9%	62.1%	13.8%	3.4%	13.8%	6.9
<i>Arroz de maíz</i>	32.1%	35.7%	32.1%	0.0%	0.0%	23.3%	46.7%	26.7%	3.3%	0.0%
<i>Flor de pinuela</i>	92.6%	7.4%	0.0%	0.0%	0.0%	82.8%	6.9%	10.3%	0.0%	0.0%
<i>Cuajada</i>	20.7%	0.0%	13.8%	3.4%	62.1%	20.0%	3.3%	20.0%	6.7%	50.0%
<i>Chilera</i>	89.7%	0.0%	0.0%	0.0%	10.3%	76.7%	10.0%	10.0%	0.0%	3.3%
<i>Chicha</i>	96.3%	3.7%	0.0%	0.0%	0.0%	82.8%	6.9%	10.3%	0.0%	0.0%
<i>Chicheme</i>	93.1%	6.9%	0.0%	0.0%	0.0%	73.3%	13.3%	10.0%	3.3%	0.0%
<i>Masamorra</i>	69.0%	20.7%	10.3%	0.0%	0.0%	70.0%	20.0%	10.0%	0.0%	0.0%
<i>Ajiaco</i>	82.1%	14.3%	3.6%	0.0%	0.0%	89.7%	10.3%	0.0%	0.0%	0.0%
<i>Manteca de Cerdo</i>	88.0%	12.0%	0.0%	0.0%	0.0%	88.9%	7.4%	0.0%	0.0%	3.7%
<i>Garrobo</i>	85.7%	10.7%	0.0%	3.6%	0.0%	100.0%	0.0%	0.0%	0.0%	0.0%
<i>Guaro</i>	100.0%	0.0%	0.0%	0.0%	0.0%	95.8%	4.2%	0.0%	0.0%	0.0%
<i>Vino de Coyol</i>	92.0%	8.0%	0.0%	0.0%	0.0%	96.2%	3.8%	0.0%	0.0%	0.0%

Table S2. Frequencies of consumption of some typical Ogliastrine foods.

Common foods	Female					Male				
	Never/rarely	2-3 servings/month	1-2 servings/week	3-5 servings/week	Every days	Never/rarely	2-3 servings/month	1-2 servings/week	3-5 servings/week	Every days
<i>Pistokku bread</i> ^a	0.00%	0.00%	0.00%	0.00%	100.00%	0.00%	0.00%	0.00%	0.00%	100.00%
Minestrone ^b	56.30%	31.30%	12.50%	0.00%	0.00%	57.90%	31.60%	5.30%	5.50%	0.00%
Culurgiones ^c	18.00%	21.30%	37.10%	20.20%	3.40%	8.20%	24.60%	47.50%	18.00%	1.60%
Fava and lard ^d	7.90%	49.40%	36.00%	6.70%	0.00%	3.30%	63.90%	26.20%	6.60%	0.00%
Seadas with honey ^e	2.20%	57.30%	39.30%	1.10%	0.00%	1.60%	60.70%	36.10%	1.60%	0.00%
Turredda cun curcuriga ^f	13.50%	46.10%	40.40%	0.00%	0.00%	3.30%	60.70%	36.10%	0.00%	0.00%
Gathulis ^g	7.90%	41.60%	40.40%	10.10%	0.00%	3.30%	19.70%	60.70%	16.40%	0.00%
Casu ajedu ^h	5.60%	14.60%	32.60%	44.90%	2.20%	4.90%	6.60%	32.80%	50.80%	4.90%
Goat mature cheese	6.70%	15.70%	27.00%	48.30%	2.20%	4.90%	6.60%	27.90%	52.50%	8.20%
Goat milk/yoghurt	3.40%	30.30%	48.30%	10.10%	7.90%	4.90%	18.00%	14.80%	31.10%	31.10%
Peas and potatoes	0.00%	55.10%	32.60%	12.40%	0.00%	0.00%	50.80%	27.90%	21.30%	0.00%
Roasted piglet	7.90%	52.80%	30.30%	9.00%	0.00%	3.30%	44.30%	39.30%	13.10%	0.00%
Cannonau red wine ⁱ	2.20%	27.00%	22.50%	28.10%	20.20%	3.30%	14.80%	16.40%	24.60%	41.00%
Myrtle liqueur ^j	6.70%	42.70%	39.30%	11.20%	0.00%	3.30%	18.00%	42.60%	32.80%	3.30%

^acrisp, thin flat bread of wheat; ^blegumes soup with potatoes, cabbages and zucchini; ^cpasta filled with cheese, flour and mashed potatoes; ^dbroad beans with pork lard and potatoes; ^efried puff pastry stuffed with cheese and garnished with honey and lemon; ^ffocaccia with zucchini, bacon and onion; ^gpotato and cheese ring fritters; ^hsemi-solid sour cheese; ⁱred wine with a high polyphenol content; ^jsweet liqueur extracted from the berries of *Myrtus communis*.

Table S3. Correlation between frequency of food consumption and anthropometric measurements in the elderly of Nicoya and Ogliastro

Nicoya							
	Body weight	Body height	BMI	Knee-floor distance	Waist circumference	Average arm circumference	Average calf circumference
Meat	0.140	0.063	-0.010	0.029	0.096	0.139	-0.024
Fish	0.075	0.102	-0.038	-0.004	0.005	0.050	0.002
Legumes	0.019	0.068	-0.120	-0.053	0.207	0.052	-0.065
Salad	0.094	0.108	-0.085	0.162	0.044	0.080	0.034
Cereals	0.105	0.026	0.101	-0.077	0.179	0.222	0.122
Pasta	-0.081	0.127	-0.062	0.026	-0.171	0.053	-0.105
Potato	0.009	-0.062	0.059	-0.086	0.017	0.036	-0.066
Fruit	0.075	0.104	0.022	0.052	0.160	0.074	0.012
Sweets	0.002	0.107	-0.051	0.212	-0.045	0.067	0.118
Dairy food, except milk	0.012	-0.082	0.048	-0.105	0.066	-0.002	-0.096
Milk	0.059	0.099	0.082	0.006	0.107	0.114	0.214
Coffee	0.123	-0.019	0.026	0.033	0.145	0.106	0.016

Ogliastro							
	Body weight	Body height	BMI	Knee-floor distance	Waist circumference	Average arm circumference	Average calf circumference
Meat	0.330 *	0.105	0.201	0.247	0.066	0.466 **	0.513 **
Fish	0.139	-0.044	0.010	0.016	0.115	0.314	0.231
Legumes	-0.075	-0.058	0.040	0.001	0.177	-0.113	-0.053
Salad	0.058	0.042	0.088	0.134	0.071	-0.205	-0.060
Cereals	0.050	0.102	-0.167	0.210	0.228	-0.041	0.062
Pasta	-0.044	0.067	0.024	0.105	-0.059	-0.035	0.017
Potato	0.071	0.106	-0.030	-0.090	0.373 *	0.016	0.258
Fruit	0.059	0.004	-0.014	-0.077	-0.025	0.052	0.169
Sweets	-0.040	-0.098	-0.101	-0.049	-0.085	0.045	-0.127
Dairy food, except milk	0.008	0.001	0.080	0.071	0.088	-0.129	0.127
Milk	-0.051	0.084	-0.058	0.233	0.008	-0.338 *	-0.147
Coffee	0.081	-0.052	0.016	0.026	0.098	0.112	0.048